

GREAT GRAZINGS & GOOD BEGINNINGS

Garden Tapas - \$8.

A medley of our spinach and artichoke dip, roasted red pepper humus, and cheese spread served with veggie sticks, assorted breads and crackers.

Tepid Tapas - \$10.95

Baked Brie with walnut crust and apple chutney, Cajun Wings with creamy Gorgonzola sauce, and garlic bread with melted parmesan & herbed marinara.

Crab Cake - \$7.95

Topped with roasted red pepper aoli.

Stuffed Mushroom Caps - \$6.75

Porta Bellini mushrooms with spinach, cheese, a hint of garlic, and provolone cheese.

Seven Onion Soup Gratinee - \$5.75

Baked with croutons and melted Swiss.

New England Clam Chowder - \$7.25

A bowl full of a creamy New England favorite!

Soup du jour - \$4.75

A bowl full of our homemade soup.

Artichoke and Spinach Bake - \$8.95

A delicious delight topped with chopped tomatoes and baked. Enough to share!

Buffalo Wings - \$8.95

Eight wings served with bleu cheese dip and veggie sticks.

Chicken Quesadillas - \$6.50

Mexican cheese medley with onion, bacon, jalapeno and cilantro, served with sour cream and salsa.

Chicken or Pulled Pork Nachos - \$10.95

Tortilla chips with seasoned chicken, or pulled pork, onions, peppers, and tomatoes, with melted cheese, salsa and sour cream.

Mucho Nachos - \$9.95

Tortilla chips with seasoned burger, onions, peppers, and tomatoes with melted cheese, sour cream, and salsa.

THE GARDEN PATCH

Cajun Chicken Chopped Salad - \$10.95

Fresh chopped spinach with tomato, onion, bacon, and crumbled bleu cheese, served with your choice of dressing.

Seasonal Spinach & Arugala Salad Plate- \$9.95

Fresh spinach and arugala tossed with seasonally fresh or dried fruit, cheese, nuts, and balsamic vinaigrette dressing.

Grill 'n Garden - \$10.95

Grilled marinated chicken, beef or tofu with mixed greens, tomato, carrots, cucumber, sprouts, egg, and shredded cheese

Orange Chicken Salad - \$10.95

Orange marinated sliced chicken breast on a bed of mixed greens, with red onion, tomato, oranges, & peanuts, served with an orange ginger vinaigrette dressing.

Mame's Chef Salad - \$10.95

An all time favorite starting on a field of Romaine and spring greens with fresh garden veggies and egg. Topped with turkey, ham, roast beef, and shredded cheddar cheese.

Chicken, Beef or Tofu Caesar- \$10.95

Add grilled chicken, beef tips, or Tofu to our Caesar Salad.

Garden Salad - \$4.50

A healthy addition to your meal.

Lobster Salad Plate - \$22.50

Seasonally available with mixed greens, tomatoes, carrots, cucumber and sprouts topped with lobster salad made with 100% lobster meat.

GLUTIN FREE?

Look for the **GF** for entrees that can be prepared gluten free!
Also, check out the Gluten Free Chocolate Tort for dessert.

SEAS THE MOMENT

Baked Haddock - \$16.50 *GF*
Eight-ounce filet baked with lemon, white wine, butter, and seasoned breadcrumbs.

Filet of Salmon - \$18.50 *GF*
Six-ounce filet of salmon choice of baked or blackened. Topped with caper & chive butter sauce.

Tilapia - \$16.50 *GF*
Your choice of baked or blackened and finished with a cilantro scallion cream sauce.

Scallop and Shrimp Florentine - \$21.50
Seared scallops and grilled shrimp in a spinach and tomato sauté with homemade Alfredo sauce over linguini.

Today's Catch - Market Price
Seasonal Seafood Specialties

Seafood Pie - \$15.50
Scallops, baby shrimp, and haddock baked in a sherried cream sauce and topped with puff pastry.

Baked Stuffed Shrimp - \$22.00
Four large shrimp with seafood stuffing, served with drawn butter.

Maple Balsamic Pan Seared Scallops - \$23.50 *GF*
Jumbo scallops seared in maple balsamic glaze with fire roasted tomato risotto stack and shaved manchego cheese.

Baked Scallops - \$21.50 *GF*
Jumbo scallops Baked with white wine and butter topped with seasoned breadcrumbs.

STEER IT RIGHT

Mame's Sirloin Steak - \$21.50 *GF*
Aged 10-ounce beef sirloin topped with bordelaise

Steak Au Poivre - \$24.50
Our sirloin pan seared with cracked pepper. Finished with a creamy brandy demi glaze.

Grilled Beef Tips - \$15.75
Grilled with steakhouse marinade and topped with mushrooms.

Marinated Black Oak Steak- \$17.50
Aged and marinated petite six-ounce steak topped with mushrooms.

ROAST PRIME RIB *GF*

Aged and slowly cooked!

"WHILE IT LASTS"

House Cut - 10 ounce \$18.75 Hefty Cut - 14 ounce \$22.50

Available after 4:00 PM

BEST OF BOTH

Steak and Bay
Aged petite six-ounce Black Oak marinated steak.
With two stuffed shrimp - \$23.75
With pan seared scallops - \$23.75 *GF*

Rib and Reef
10 oz. cut of roast prime rib.
With two stuffed shrimp - \$25.50
With pan seared scallops - \$25.50 *GF*

STILL PONDERING?

Baked Pork Chop - \$18.50 *GF*
Herb crusted ten-ounce center cut pork chop topped with roasted tomato and chardonnay reduction.

Orange Chicken - \$16.50
Boneless chicken breast dipped in an orange Dijon marinade and breaded with whole wheat bread crumbs.

Artichoke & Chicken Scampi - \$17.50
Sautéed with mushrooms, scallions, pimento, garlic, butter, wine, basil and tossed with penne pasta. Served with garlic bread.

Chicken Parmesan - \$17.50
Breaded boneless chicken breast with herbed marinara sauce and served over penne pasta with garlic bread.

Chicken Marsala - \$17.50
Boneless chicken lightly sautéed, with mushrooms, red peppers and topped with Marsala cream sauce. Served over penne pasta.

Dinner Nightmare - \$13.95
"We have had this one for 33 years"
Pumpernickel-rye swirl bread with turkey, ham, mushrooms, and broccoli, baked in a cheese sauce with tomato, bacon, and Swiss. Served en casserole.

VEGETABLE PICKINGS

Mushroom Ravioli - \$15.50
Ravioli filled with portabella and shitake mushrooms. Served in our port wine sauce.

Vegetable Ragu - \$11.95
Stewed tomato, eggplant, onion, celery, and carrots served on a risotto cake.

Victory Garden Sandwich - \$9.75
Spinach, mushrooms, tomato, red onion, roasted red pepper humus, and provolone with balsamic dressing served on an herbed foccía roll.

Hot Veggie Wrap - \$9.75
Sautéed artichokes, mushrooms, onions, peppers and tomatoes, rolled in a soft tortilla, with melted cheese.

Pick of the Garden - \$10.50
Pumpernickel swirl, piled high with broccoli, sautéed mushrooms, fresh cucumber, sprouts, and tomato. Topped with creamy sweet and sour sauce and topped with Swiss cheese.

CASUAL AND COMFORT FARE

Sandwiches and Wraps served with daily deli salad and chips.,
We will be happy to substitute carrot and celery stix for no charge or
substitute a Garden Salad for \$1.95

Quiche and Salad - \$9.75
Daily quiche served with a garden salad.

Crab Cake with Salad - \$10.95
Topped with roasted red pepper aoli.

Pulled Pork Wrap - \$9.50
Braised pulled pork, sweet baby rays and caramelized onion in a grilled flour tortilla.

Rebel Yell - \$9.95
Boneless chicken breast, with honey mustard, bacon lettuce, tomato, and cheddar cheese served on a bulkie roll.

Chicken Teriyaki - \$9.50
Marinated grilled chicken breast on a bed of rice, topped with pineapple. Served with garden salad.

Classic Burger - \$9.95
Angus beef topped with cheese and served with lettuce, tomato, and onion.

Philli Cheese Steak - \$9.95
Thinly sliced beef with sautéed onions, peppers, mushrooms, and cheddar cheese.

Tuscany Turkey - \$10.50
Sliced turkey with spinach, tomato, bacon, and Swiss, baked with a boursin spread on a hoagie roll.

Toasted Club Sandwich - \$10.95
Ham, turkey, lettuce, tomato, and bacon, served on toasted white, wheat, or pumpernickel-swirl bread.

YOUR DESERVED DESSERTS

Treat yourself or share the temptation!

Homemade Gluten Free Chocolate Tort - \$4.75

Flourless chocolate delight topped with seasonal berries.

Denver Pudding - \$5.75

A sinful combination of chocolate cake and pudding served warm with vanilla ice cream.

Mud Pie - \$5.75

Homemade graham cracker crust filled with coffee ice cream and topped with our homemade hot fudge.

Fresh Baked Berry Pie- \$4.75

Strawberries, raspberries, blackberries, apples, and rhubarb.
Alamode add \$2.

Bread Pudding - \$4.75

Topped with homemade rum sauce.

Strawberry Shortcake - \$5.50

Add a touch of vanilla ice cream for good measure.

Creamy Cheesecake - \$5.75

Topped with strawberries.

Chocolate Chip Cookie Pie - \$5.50

Two chocolate chip cookies stuffed with vanilla ice cream, topped with homemade hot fudge and whipped cream.

COUNTING CARBS?

Sorry to bring this up after the tease of desserts!

ASK YOUR SERVER FOR DOUBLE PORTION OF TODAY'S VEGETABLE
IN PLACE OF POTATO. CARROT AND CELERY STIX ALSO AVAILABLE.

Thank you for joining us at Mame's!

If you enjoy your meal, please tell a friend. If you are not satisfied, please tell us!

GRATUITIES OF 18 % MAY BE ADDED TO PARTIES OF SIX OR MORE

Having a special party? Ask about reserving a private room for six to sixty, or have it catered at your home or business.

**FOR THE ENJOYMENT OF GUESTS AROUND YOU, PLEASE CHECK
YOUR CELL PHONE IS SET ON VIBRATE OR TURNED OFF.**